Celebrating 100 years of excellence

NOVEMBER 21, 1997

The Cardinal Times

Lincoln High School ✦ 1600 SW Salmon Street ✦ Portland, Oregon ✦ 97205 ✦ Volume 100 ✦ Issue 3

Council leaders seek name change

BY AARON PATTERSON

The "bylaws" proposed by General Assembly representative Brian Simmonds and endorsed by student council may have proved illegitemate, but that's not stopping them from taking another shot at it.

Executive Council proposed to the General Assembly Wednesday an amendment to the existing Constitution that would modify all articles pertaining to General Assembly's operations.

The modifications include changes in the name of the body and the membership. Under the amendment, General Assembly would be called "Parliament."

Additionally, membership of Parliament would not be limited to registration room representatives. Instead, all members of the student body would be considered voting members.

Voting on legislation would require a number of members present equal to half the reg. room representatives, although the presence of reg. reps would not be required.

Legislation could be passed, for instance, even if there were no reg room reps present during the vote, as long as a number of students equal to one-half the total number of reps is present.

Vice President Charlie Schwartz doesn't believe that allowing any student to vote will cause a problem. "Forty people could come into the General Assembly once and pass something," he said, "but those forty people would still represent the students of Lincoln."

Critics, however, see the name change as frivolous and the more substantial changes as dangerous. "I think it's a cover for student government's inability to do anything of substance," said Aaron Green-Mitchell, co-founder of the Truth Club. "We have students at this school abusing drugs, cutting classes, and getting in fights, yet student government is more concerned with a name."

Also important is that under the new proposal, members of Executive Council would be able to vote in Parliament as well as in Executive Council. According to reg. room representative Lach Litwer-mos, this would "destroy the only check to Executive Council's power." Schwartz claims that this will be changed before the amendment is voted on.

Many also consider the new guidelines for membership confusing. Alternatives include deciding on a fixed minimum number of people that must be present for a vote.

What the bill would

1 *Change of name:* The General Assembly would instead be called Parliament. Student council hopes that this would attract additional students.

2 *Change in membership:* Any student would be able to attend Parliament, and even be able to vote - even if no reg. room reps were present.

3 *Exec. Council members can vote:* Members of Executive Council would be able to vote in Parliament *and* in Executive Council.

As the smoke clears...

Jeff Nelson

A Great American Smoke: Despite efforts by the American Cancer Society, the message of yesterday's Great American Smokeout was clearly not heard by all Lincoln smokers.

BY BEN AMSTER

Students were able to take a breath of fresh air yesterday as the American Cancer Society held its annual Great American Smokeout. The nationwide campaign is celebrating its 21st anniversary.

Lincoln's "smokeout" was set up by counselor Ann Clarks and Lincoln Trudi Walta. They and other volunteer parents handed out pledge sheets signed by a large number of students.

The sheet stated that the signee would not use tobacco or related products for at least the entire day and, hopefully, not ever again. At lunchtime, the parents came around the halls, giving candy to all students who hadn't smoked at all that day.

"Many students will sign them and never look at them again, but the Cancer Society is at least getting the word out, and reaching many people in the process," said senior Pernilla Nathan.

According to Jill Thompson, educational director of the Portland branch of the American Cancer Society, "The Smokeout is a day to inspire the millions of Americans who smoke to quit, even if it's just for one day."

The program's original target group was all smokers, using entertainer Sammy Davis Jr. as a spokesperson. But in the past few years ACS has moved into high schools around the U. S., trying to keep non-smoking students off cigarettes, and trying to get smokers to stop.

The majority of smokers begin lighting up in high school. By creating campaigns like the Smokeout, the ACS would like to eventually get cigarettes out of high schools altogether.

While the American Cancer Society's goals are high, they were able to get some to drop their butts, even if it was just for a single day.

Montgomery Park bills senior cabinet

✦ The managers of Montgomery Park claim Lincoln owes over $1000

BY JOE STRECKERT

The Senior Class cabinet has taken issue with accusations by Montgomery Park officials, who have held Lincoln students responsible for various damages at last month's Homecoming dance.

The cabinet admits that Montgomery Park has legitimate complaints about a broken window and various cigarette burns on the carpet, but says that disputes over a pair of damaged tables are not justified.

Montgomery Park contends that Lincoln owes $739. 28 for damages, but the cabinet thinks otherwise. Rental for Montgomery Park cost the Senior Class $1500, with a $250 deposit, as well as $185 for the rental of the coat and picture room.

The senior cabinet has sent a letter to Montgomery Park's managers listing what it sees as legitimate and illegitimate, along with a check for the amount it is willing to pay.

"In my opinion," said class president Jereme Axelrod, "Lincoln was responsible for damage of about three to four hundred dollars."

Axelrod agrees with Montgomery Park on the issues of a broken window and various cleaning costs that resulted from miscommunications, and agrees that the cabinet should pay damages for what they consider legitimate.

There was some breach of contract with Montgomery Park, as well. The agreement stated that "no confetti" would be permitted, but confetti and glitter were used at the dance. The cabinet says that it obtained oral permission for the use of glitter.

Also, there is a dispute over a pair of broken tables, which Axelrod maintains were damaged before decorations at the dance were put up.

Montgomery Park is holding students responsible for the tables, but Axelrod and other members of the cabinet maintain that the damage was done before students arrived.

Cabinet will keep better records

✦ Student council improves on the 1996-97's cabinet's record keeping

BY AARON PATTERSON

Last year's student council may not have been keeping the necessary records of their meetings, according to Secretary Erin Breslin, a junior.

Last year's student council implemented a policy stating that the minutes of student council's meetings only need be posted once a week. The student Constitution, however, requires that minutes for each daily meeting must be posted. The policy was in violation of the student Constitution.

Breslin, however, intends to remedy the situation: "I always had the minutes," she says, "I just didn't post them regularly. Now that will change."

> Now [the posting of the minutes] will change.
>
> Erin Breslin
> SECRETARY

Concerns have been brought up that the attendance of some members of student government in both executive council and the General Assembly may be dropping. "In the beginning," says Breslin, "[attendance] was really good, but now it is starting to dwindle." According to some on student council, the workload has become unbalanced because not all members are doing their job.

CARDINAL sports

ISC AXES TRIVIA COMPETITION

Global Pursuit, an ISC trivia competition, has been cancelled for the '97-'98 school year. "We just don't have enough time, due to the budget cuts," said ISC coordinator Mimi Alkire.

A variety of other ISC activities are still on schedule.

"Hot Topics" lectures will begin after winter break. ISC participants must attend and evaluate at least one Hot Topics Lecture, held Wednesdays, "C" period, January 7-February 25, 1998. Speakers will discuss issues ranging from women in Turkey to refugees of Africa.

A "Mock MUN discussion" will be held on Dec. 11 at 3:30-5 p.m. Students are given scenarios and a country to represent which is discussed through the night.

VANESSA BUNNELL
BRYNN VONBERGEN

POLOYGLOT CLOSES DRIVE

Polyglot's annual week-long book-drive ended today. The drive is a competition in which reg. rooms compete to bring in the most books. Polyglot will award the winning group with a cake. Some take the competition more seriously than others. "They are soldiers off to war," said Civics teacher David Bailey of his students, "but, it's not quite Armageddon." Books collected will be taken to Powell's City of Books and traded for gift certificates that will be used as prizes in the upcoming Early Submission contest. Polyglot's next fundraiser, selling tickets to an upcoming Celtic yuletide concert, will begin later this month according to Polyglot member Rachel Torchia.

AARON GREEN-MITCHELL

SPEECH TEAM OBTAINS COACH

The speech team is no longer coachless, thanks to the selection of Mike Groff. He is the former assistant coach at Canby High School, and has a Master's Degree in communications. Groff is also a former Lincoln-Douglas Value debater, state champion in Oratorical Speaking, and is experienced with most speech events. "It's a strong team," said Groff, "I'm glad to de a part of it."

AARON GREEN-MITCHELL

BLOOD DRIVE EXCEEDS GOALS

Executive Council wrapped up the first of two blood drives Nov. 10 by drawing 77 units of blood from students and staff. "Everything went great," said Erin Breslin, organizer of the drive. "We actually exceeded our goal; it was 70 units of blood. A second drive is scheduled for May __. "There's usually more people in the spring," she said. "More people are 17," explained Breslin, referring to the minimum age for donation.

AARON GREEN-MITCHELL

CARDINAL dates

NOVEMBER

21- Fall recognition assembly

27- Thanksgiving, no school

28- No school

DECEMBER

5- "The Patient," in the auditorium

8- Two hour early dismissal

Vending machines make change

The new logo of PepsiCo now graces the halls, but some students are displeased with a price hike and volume of beverages

BY JOE STRECKERT

Poker hands on soft drink cups are a thing of the past at Lincoln, the administration has upgraded to a set of PepsiCo machines that now distribute 20-ounce bottles for $1. 00 each.

A new vendor, Fast Break, has been selected for the candy and coffee machines. The administration remained with the old vendor, Triple A, for the soft drinks, but has switched from Coca-Cola Co. to PepsiCo products. The change was made by the administration in October, due to a better bid by Fast Break and the possibility of a greater net profit for the school.

"There have been some complaints about size," said Ken Fong, Administrative Vice Principal, adressing some student grieviences. Complaints have been raised to the administration about the 100 percent price hike that accompanies the soft drinks, and the volume of the drinks that some students say is not drinkable in a 15 minute break. The new machines also eliminate the option of drinks with ice.

Fong noted that there have been some negatiations with the vendor to see if a smaller size can be made available to students, and added that the new machines have better quality drinks, since the beverages comes directly from the bottle and not through a mixer.

Also, since the new machines distribute recyclable bottles instead of disposable paper cups, the mess in the halls that was left behind by cups and ice has eliminated, according to Fong.

A petition was circulated throughout the school protesting that students and faculty were not consulted before the decision was made. "This decision was made without consulting the student body, student government, or faculty," said petition circulator Lach Litwer-Mos, "It was a purely administrative decision."

Pernilla Nathan

Out with the old: A Fast Track employee carts in the new coffee machine in the main hall. Fast Track succesfully bid for service to Lincoln's candy and coffee machines.

Diviners in the black

Drama degins the year on a high note, with profits from the fall production of "The Diviners"

BY JOE STRECKERT

Curtains have closed on "The Diviners," but are rising for Lincoln Drama. The play made a net profit between $50-$100, selling approximatly 400 tickets over two week run with six performances. The best attended night had approximatly 120 people in the audience. "Artistically I'm very satisfied," said director Jim Peerinboom.

Much of "The Diviners" profit the drama department attributed to the play's low production costs. The script called for a minimalistic set, and did not require expenditures of previous productions.

Peerinboom expressed hopes for an increase in ticket sales and attendance later this year. "I expect 'The Comedey of Errors' to do better," said Peerinboom, referring to the drama department's spring production. "Errors" will have a much larger cast than "The Diviners" and the be the showcase of Lincoln drama this year. "It's going to be a huge production," said Peerinboom.

"Beyond Therapy," directed by Ted Dervin and Miranda Weigler is slated for performance early next year, and is the next production that will be able to make a profit for Lincoln drama.

Two other student directed productions are scheduled for December, but both will be free of charge.

CT takes 5th in nation

The Cardinal Times took fifth in the National Scholastic Press Association Best of Show competition for sixteen-page newspapers. The competition was held at the Journalism Education Association's biannual convention in St. Louis, Missouri. The Cardinal Times received recognition for it's 100th anniversary issue.

"Not everyone can win, and just placing tenth is an honor," said NSPA executive director, Tom Rolnicki.

Rolnicki said that approximately 3,900 high school newspaper, yearbook, magazine students attended the conference from more than 10 states. Also in attendance were photojournalists and videojournalists. Representing The Cardinal Times was associate editor Sarah Melton, junior.

Seniors struggle over college admission

BY JACOB OKEN-BERG

Like many seniors going on to college, Kate Longfield hasn't even decided which schools she will apply to. But for her and others in the Class of 1998, an even more daunting task lies ahead: college applications.

"It seems like every college wants something different," said Longfield. Although this may seem to be the case, consistency in the application process can be found.

The academic record is always looked at first by a college, but unless a student is applying to a state school, he or she can be assured that the college will look at more than just grade point average and SAT scores.

"We look for an internal consistency in students," said Philip Smith, dean of admissions at Williams College. "The student needs to excel in both academics and extra-curricular activities."

Counselor and college coordinator, Nicholas Sky, advises students to write a college application resume and send it to each school. "A well written resume, describing achievements both in and outside of the classroom, allows each school to judge each applicant on more than just his transcript," said Sky.

Equally or more important in the application process is the essays for each school. "The essays are a chance for the student to show how he has distinguished himself from others in his class," said Steven Elliot, admissions officer from the University of Connecticut. "Applicants should make sure to be themselves in the essays and not revise too much."

Ryan Tarpley, assistant dean of admissions at Pomona College, warned students against choosing "inappropriate topics" for their essays. "Although we want to see creative ideas, the essay is also a direct reflection of a person's character."

Another important aspect of the college application is the teacher recommendation. Margaret Otten, associate dean of admissions at Carleton College, said, "Since the teacher recommendation often times allows us to see another perspective on the student, applicants should make sure that the teacher who writes their recommendation truly knows him or her."

Since some colleges require specific items such as an interview or SAT II's, Sky suggests that students double-check the checklist that most colleges send out with their applications.

The College Essay

Do's

1. Make sure to be yourself
2. Note what distinguishes you from other students
3. Write about contributions you have made to your school or community
4. Make your writing clear and concise

Don'ts

1. Don't revise your essay over and over
2. Don't act too "cutesy" or be facetious
3. Don't choose an innapropriate topic to write on
4. Don't lie

Quick Shots

Nimrod

CD Green Day, Reprise Records

♣

BY BRODIE LEWIS

In an official press release from Reprise Records, Billie Joe (Green Day's frontman) said that 40 songs had been recorded for "Nimrod," and 18 were selected for the final product. After listening to the album all the way through, I had to wonder about the remaining 22 songs.

"Nimrod" is Green Day's second attempt at a post-"Dookie" release that is respectable in its own right, and (sorry, Billie Joe) their second miss. It reeks of what they've been doing for five albums, only this time it's stale, scripted, and lacks the catchiness that made Dookie sell eight million albums.

On songs such as "Hitchin' a Ride," they use a violin arrangement (that they neither wrote nor performed) to attempt to purvey the band's artsiness. This is lost, however, when those all-too-familiar power chords steamroll in, and the violin is all but forgotten. On "Redundant," they say it all-and not just in the title. "We're living in repetition... Choreographed and lack of passion. Prototypes of what we were." I couldn't have said it better myself.

Starship Troopers

FILM Tri-Star Pictures, rated R, Director; Paul Verhoeven

★★★

BY JAMES NELSON

Giant alien bugs that terrorize Earth and start an intergalactic war are the antagonists in this sci-fi space drama. Most audiences have mixed feelings about Paul Verhoeven's new movie "Starship Troopers." The action keeps the crowd riveted to their seats, but the gore of the exploding bugs and humans have them heading for the exit.

After college, Johnny Rico (Casper Van Dien) joins up with the mobile infantry to follow his girlfriend Carmen Ibanez (Denise Richards) but finds that he is in the middle of a war that will devastate Earth.

Dina Meyer plays Rico's friend Dizzy and Jake Busey plays Rico's military friend Ace Levy.

The Man Who Knew Too Little

FILM Regency Pictures, rated PG, Director; John Amiel

★★★

BY JAMES NELSON

Talk about being in the wrong place at the wrong time. "The Man Who knew Too Little" is the comic movie of the holidays, based on the book "Watch That Man" by Robert Farrar. The humor will keep the audience rolling in the aisle with its slapstick comedy and hilarious misunderstandings.

Wallace Richie (Bill Murray) visits his brother in London where he is surprised to take part in what he thinks is a participatory drama. In actuality he is swept up in an international incident to assassinate the English and Russian ambassadors and restart the Cold War.

Murray plays a seemingly simpleton who thinks the plot is part of the role playing. Murray's brother is portrayed by Peter Gallager and his love interest and "co-actor" is Joanne Whalley.

★★★★ Best ever! Worth your life savings.
★★★ Pretty darn good. Break the piggybank!
★★ Okay—Maybe worth a week's allowance.
★ Skip it! Not worth spare change.
♣ Free is still too expensive.

Clubs

What better way to spend a lazy lunch period than with one of Lincoln's myriad entertaining activities

Amnesty International

Every Friday at lunch in Room 140 students can go to Amnesty International. Club members write letters to human rights violators in an effort to stop them. *Co-presidents: Rachel Meyers, Margaret Konkol, and Lach Litwer-Mos. Adviser: Pam Hall.*

Asian/Pacific Islanders Club

Go, Samoa! It's time for the Asian/Pacific Islanders Club. Currently, the organization is involved in fundraising for a yet-to-be-announced charity. The club will be involved in the Martin Luther King Jr. assembly later this year. The members meet every other Tuesday at lunch in Room 140. *President: Christine Tam. Adviser: Pam Hall.*

Pernilla Nathan

Brad Pitt: Marcie Epperson and Sarah Foster explain the reasons for their Film Club.

Drama Club

Thespians abound in the auditorium every other Monday at lunch. The club plans, and acts out, theater-related activities. *President: Ted Dervin. Adviser: Jim Peerenboom.*

Experimental Bike Club

You don't know how to customize your bike, but you want to? Then go to the Experimental Bike Club and find out how. *President: Chuck Thayer. Adviser: Buzz Poleson.*

Film Club

Talk about, learn about, and watch films. Also win raffle prizes. Meetings are in Room 169. *President: Mike Witter. Adviser: Buzz Poleson.*

Greens Club

Want to save the Earth? Come to Room 213 every Tuesday at lunch to participate in activities ranging from cleaning the halls of Lincoln to pulling ivy in Forest Park. *President: Kristin Harman. Adviser: Nancy Lapotin.*

Independent Council

"We do whatever we damn well please," says club president Galway O'Mahony. The club has no scheduled meetings as of yet. *Adviser: Owen O'Mahony.*

Lincoln Automotive Club

Rev up for Lincoln's only car club. The group meets every Friday in various rooms to discuss and give advice about cars. *President: Andy Lachman. Adviser: To be announced.*

Linc-Tasque

Do some good for your community. Go to Room 125 every Monday at lunch to provide information about upcoming community service opportunities. *President: Liz Rutzick. Advisers: Lesley Glasgow and Sue West.*

Mountain Bike Club

Discuss mountain bikes, trails, competitions, and strategy at the Mountain Bike Club. The club meets every Monday in Room 135 at lunch. *President: Kalle Crafton. Adviser: Michael Sweeney.*

Pastry Club

Get baked at the Pastry Club. It meets sporadically at lunch to eat donuts, and plan donut-related activities. A $5 membership fee is required. *President: Liam McGranahan. Adviser: Barbara Schwartz.*

Rights Gone Wrong Club

Lincoln's newest human rights club meets in Room 168 Tuesdays at lunch to discuss and promote human rights. *President: Amy Jennaro. Adviser: Pat Walker.*

Seinfeld Club

You're not satisfied by six episodes of "Seinfeld" a week? Do you want more? Then go to the Seinfeld Club every Friday in Room 231 to watch Seinfeld. *Presidents: Jeff Starr and Colin Fischer. Adviser: Doug Morten.*

Shakespeare Club

Finally you can have a conversation in Ye Olde English, and be understood. Every Friday at lunch in Room 115, the Shakespeare Club meets to read and discuss the works of the English writer. *President: Leah Hyman. Adviser: Lenore Blackstone.*

Simpsons Fan Club

If you like "The Simpsons," this is your club. The group has no specified meeting times yet, but plans on creating a constant weekly schedule. *President: Liakos Ariston. Adviser: Jack Curry.*

Swing Dancing Club

Can't find a dance partner? Look no farther, you hipsters. The Swing Dancing Club meets to plan dance outings. The club has no scheduled meetings as of yet. *President: Jenny Miller. Adviser: Jim Peerenboom.*

Truth Club

The Truth Club, which has no scheduled meetings or room to meet in as of yet, has proclaimed itself to be the only club in Lincoln that meets for the sole purpose of saying what's wrong with our school. Membership fee is $1. *Club officers: Aaron Green-Mitchell and Aaron Patterson. Adviser: Jack Curry.*

V-8 Club

It's orange, and tastes like tomatoes with a couple of mysterious spices thrown in. And for reasons of their own, people like it. They like it enough to meet every Friday in room 135 to discuss the vegetable beverage with a zing. Officer and adviser have yet to be released.

WCW Club

Unfortunately, as the name might imply, members do not dress up in tights and roll around with each other. They just talk about people who do. The club meets every Monday at lunch in Room 140. *President: Chris "Hulk Hogan" Curtis. Adviser: Pam "Macho Woman" Hall.*

Make Extra $$$ by working!

Choose from these exciting fields!
- ❑ Pork Thermodynamics
- ❑ Restaurant Equipment Cleansing
- ❑ Customer Counseling and Auditing

Good Dog/Bad Dog

Good Dog/Bad Dog is now hiring for part time help. Seasonal or permanent
708 SW Alder

Before you sign up for military service or register for the draft, get the facts. If you have questions, talk to a trained military/draft counselor. If you've already signed up, it's not too late to change your mind.

NW Military & Draft Counseling 238-0605. Ask for John.

Stinkin' Lincoln

Every year, we have numerous announcements about the large amount of trash that plagues our halls. It has led to the closing of halls and the creation of the Lincoln Cleanup.

Despite all this, we continue to be a dirty school and it wouldn't be necessary to have big cleanup teams if we just picked up after ourselves.

In order to have a trash-free school, we need commitment from every student...to keep our school clean.

For the entire history of Lincoln, there has been a problem with trash around the school, from the cafeteria, to the surrounding grounds.

And for the history of Lincoln, we have tried many different techniques for keeping the school clean, but to no avail. The post-lunchtime garbage remains, despite the efforts made by both students and staff.

We can't continue to use the same tactics that we used 25 years ago and expect the school to miraculously become clean. In order to have a trash-free school, we need commitment from every student to do his or her part to keep our school clean.

If we don't, Lincoln will continue to sink further into the veritable landfill that we have become.

Our dirty school

Recently a high school girl of Boise, Idaho, on announcing her intention of coming to Portland to attend school, was told by one of her classmates not to consider going to Lincoln. When she inquired why she should not attend this school, she was told by her friend that Lincoln was dirty. Dirty, because pupils are careless with their waste paper, garbage, and refuse.

How the repute of our dirty school was carried into Idaho is not known. Could it be that the Idaho band declared that it was "a fine school, but somewhat dirty?" Whether or not this is true, it behooves us to find the source and reason for this carelessness.

First, is it because of the home environment of our students? This seems improbable, as Lincoln has a comparatively considerate and well-mannered group of students. However, this may be the reason for the carelessness of some of the students.

Could the lack of discipline be a factor? This could hardly be thought of as a lacking quality of this school, since the teachers are trying continually to train us in ways of Good Citizenship.

Could it be that some students resent the strictness of the teachers, and assume this means of "getting even?" If so, they are not only hindering themselves, but they are also injuring the reputation of the school.

Don't let us think for a minute that it is a majority of pupils who cause this deplorable state, for this is a case where the minority have caused the unsightliness. But, what can you, a law abiding member of the school, do about it? Above all things, don't give up if the aspect doesn't change overnight.

This is a problem which may take much time to conquer, but the problem must be solved. We cannot have the repute of the school ruined by such a careless, unforgivable habit as this.

Let us make a solemn promise to watch ourselves and to suggest to our neighbor that he, too, be careful. Then the time will come when people in Boise and other outside cities will advise their friends that Lincoln is the cleanest and best high school in Portland.

February, 1928

The Cardinal Times

Celebrating 100 years of excellence

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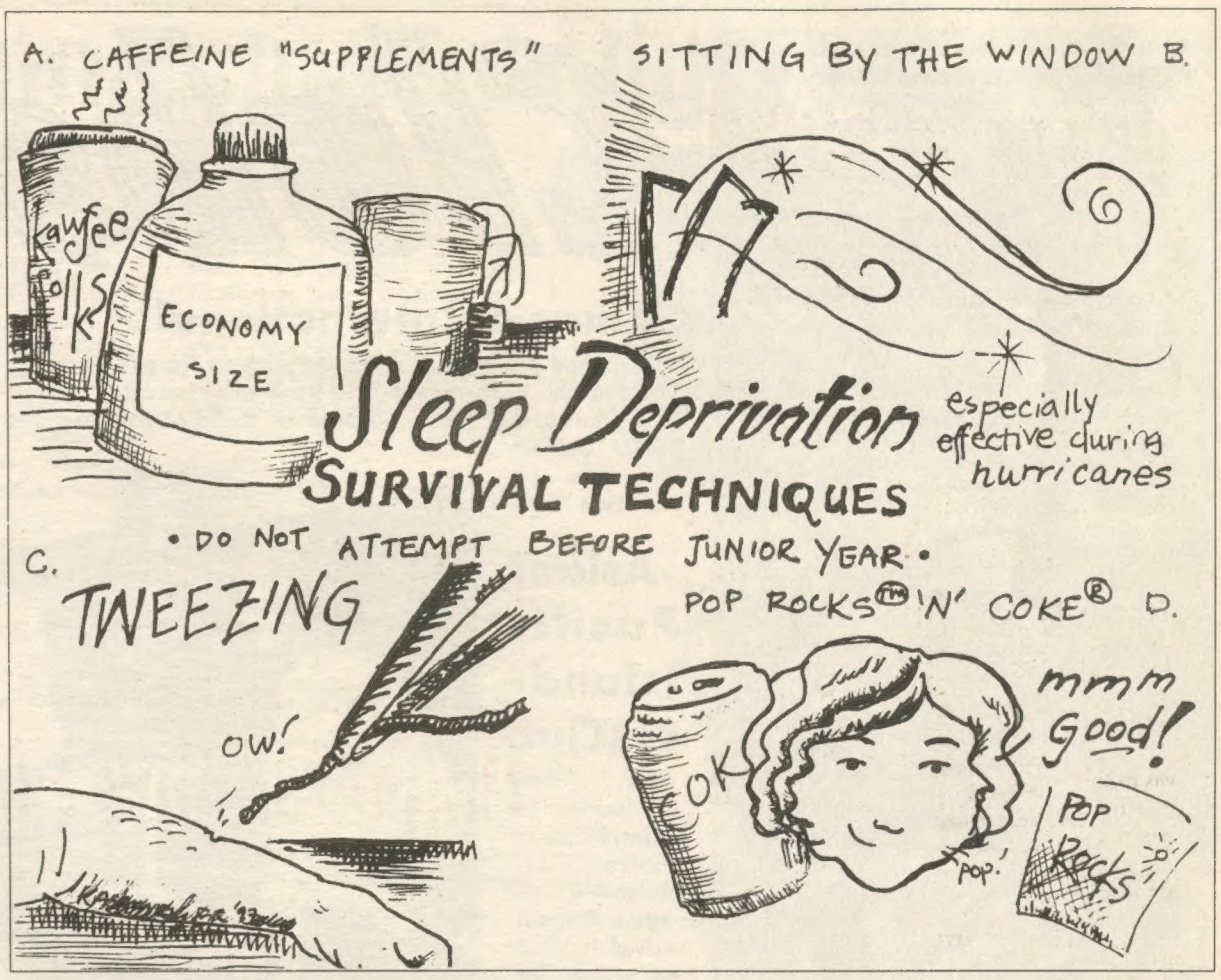
Some articles written by students of first year journalism



EDITOR IN-CHIEF

Sleep: The backbone of an education

You know you've been there: The monotonous resonance of your teacher's voice causes your eyes to become very heavy, all of a sudden your folded arms have never looked so comfortable. Your head slowly floats down and rests itself gently on your desk, and you drift off.

BEN Amster

Suddenly, a loud ringing awakes you, and you find all the students in your class getting up to leave. And while you've regained the energy you need to get you through the day, you have missed valuable class time that could have been productive had you not gotten only five hours of sleep the night before.

That's right, our education is actually based on a simple pleasure called sleep: a wonder overlooked by the creators of school schedules, who bring many students to class at 7:20 am.

My four years of high school have brought me to a realization: If school started later, students would be fully rested, not get sick as often, and perform at a higher level overall.

I have a friend here who goes into his first period every morning, sets down his jacket, and falls asleep. He misses all the class discussion, and often misses assignments. The worst part about it is that his teacher is aware of it, and doesn't even mind. Of course if he were able to get his sleep, he wouldn't miss class, and would therefore earn higher grades. All because of an extra couple of hours a night.

...Our education is actually based on a simple pleasure called sleep...

Studies conducted in Minneapolis, Worcester, and at Brown University attempted to prove the necessity of sleep for teenagers. At Brown, researchers found that teens need at least nine hours of sleep, in comparison to the eight needed by adults. They also found that young people tend to fall asleep later than other age groups.

In Minnesota it was found that students who start school later are more rested, more alert, have better attitudes, and participate more actively in class. They also found a relationship between amount of sleep and students grades.

A study in Massachusetts found that students with less sleep per night are more depressed, sleepier (obviously), and generally had lower grades.

The data adds up, if Lincoln were to start at, say, 9 or 10 am, students would perform at a higher level overall. And you probably wouldn't so often catch that person in your class laying his head in his arms, and drifting off.

Thumbs up to:

- Greens Club: The new can and bottle recycling bins are convenient and stylish!
- Women's volleyball: 5th in State and the best finish in Lincoln's history.

Thumbs down to:

- The paint in this school: The color orange has actually been proven to cause insanity.
- Colleges that don't accept the common application: C'mon guys, the process is hard enough already.

You tilt the thumb:

- Changing General Assembly's name to Parliament: Sure, it's catchy, but who cares?

EDITOR IN-CHIEF

You choose: Men or women?

Last year, when a committee of principals changed the basketball schedule, one problem was solved, but several others were created.

In the past, both the women's and men's varsity teams played back-to-back at the same site, allowing people to easily attend both games.

JAKE Oken-Berg

With the new format, the men's freshman, junior varsity, and varsity teams all play in the same gym and the women's freshman, junior varsity, and varsity teams all play in another gym.

Of course, this is great for the people who want to watch all the levels of one team.

But for most people, the varsity teams are the main attraction. Now, if someone wants to watch a varsity game, he has to choose between the men or the women.

No matter what, it is unfair to the girls' team which, despite impressive records over the last few years, still draws fewer people to games than the men.

Now with the men and women playing at opposite sites, attendance will be even lower for the women.

In addition, attendance always favors the home team. So when one varsity team is playing at home, the away team will have no one there to support it.

Also, the varsity teams benefit by being able to watch each other. "I really value being able to see the style of game the girls play," said senior Alex Clay.

As athletic director Mark Brazo put it, "The new schedule creates just too many problems."

This year's principals' committee should take the initiative and move the game schedule back to last year's format.

ASSOCIATE EDITOR

Waiters in turmoil

As I stood at the counter of the pizza place where I work, taking orders, I saw a woman standing near the back of the line, tapping her foot impatiently.

She waited for a while and then she gave an exasperated sigh. She pushed herself in front of the next person in line, and said, "Where's my pizza? I have been waiting at least 20 minutes." I smiled politely, and checked on her pizza.

SARAH *Melton*

It was in the oven, which takes six minutes.

I told her that it was going to be approximately five minutes, to which she replied, "Well, that is unacceptable. Get me your manager now. "Obediently I complied. The woman started arguing with the manager, and I heard bits and pieces of the conversation such as, "little snot," and "the service is terrible."

The manager, obligated to always please the customer, had to give her a free pizza, though the time quoted on her pizza was 25-30 minutes.

Later the manager talked to me, and said that the woman called me a little snot, and said that everyone she talked to was unfriendly.

What the customer may not have understood was that we had 50 pizza orders, and only five people can work on pizzas at a time. She also didn't understand that most of the employees had been taking orders for over two hours, because of the non-stop stream of customers.

Others complain because their pizza order was wrong, which is a valid complaint. Yet they yell and threaten and scream at the employees as if they didn't understand their mistake, and were incompetent.

People just don't seem to understand that everyone is human and that we all make mistakes.

Courtesy and patience seems to have disappeared from society.

We should remember to respect our fellow humans, and not assume that everyone making your food is perfect. We are humans, and we deserve courtesy too.

ASSOCIATE EDITOR

Virtual computer use

Duping the taxpayers isn't very nice. But that is what we've done.

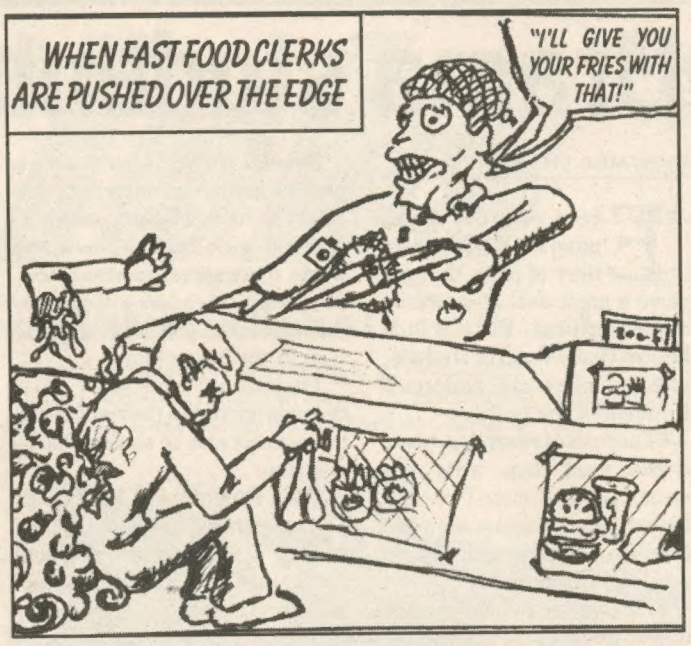
In November of 1995, Oregonians passed a bond-measure that was supposed to place a computer in every classroom. And, I suppose we've done that. What hasn't been done is fully integrating those computers into the class itself. In all except one of my six classes, those computers sit unused. Some might argue that when a teacher uses a computer for research or grades that the use is beneficial. However, that use is only beneficial to the educator. The teacher's job being made easier does not assist the student.

AARON *Green-Mitchell*

But, I don't place the blame solely on the teaching staff. There are other aspects that should be addressed. Many instructors need training to effectively use the technology the bond money gave us.

Lastly, there is the question of the effectiveness of the computer in the classroom as a teaching tool. Some teachers have no use for a computer at all. Those who don't need one shouldn't be forced to use it if it only hinders their ability to teach.

The bond was passed with good intention, but as it sits now, all we've got is thousand-dollar paper weights.



NEWS STAFF

Opportunities I lost

As a high-school freshman, the prospect of ever being accepted into a decent college or university didn't mean much to me, if anything at all. My freshman year passed in a blur, my grades reflecting a smart-aleck attitude and indifference towards succeeding scholastically. My parents had much concern, of course, which I simply shrugged off, claiming that not everyone needs to be a scholar to enjoy life.

ERIC *Rauh*

I complained continuously that school taught me nothing I needed to know "in the real world." I ignorantly quoted Mark Twain as saying, "I never let my schooling interfere with my education."

When my junior year rolled around, I began looking at school through more mature eyes (or maybe I started feeling sorry for disappointing my parents). At a time when one must have a degree to manage a Burger King, I started to understand the frustration my parents had with my blase attitude towards anything productive. Suddenly I found myself trying to do something I had never done before, homework.

I came to the realization that on a basic level, routine and discipline takes precedence over intelligence when it comes to something like math and history studies. It wasn't that I didn't understand the work but more that I didn't understand the concept of actually sitting down and doing it.

Although there was some improvement, my first-quarter grades were still mediocre at best. This report card, however, was different from any other I had ever received. My parents didn't lecture, scorn or wince; they sympathized.

Like me, they realized that 11 years of slacking could not be remedied in eight weeks. With more support than I had ever received before, my parents helped me completely evolve into a student. Things that used to seem insignificant to me began to change me from a 2.0 GPA student to over a 3.0; things like a clean, organized work space and a locker I wasn't afraid to put my hand into.

Now as a senior, I look back on my high school career and bang my head on a wall of regret. If I had only gotten my act together a little sooner where would I be going now in life as far as college admissions is concerned?

I try not to spend too much energy pondering what could have been, but more what might be, as long as I continue on the same path I'm on now.

Voices in the Hall

"What do you think of the students who smoke outside the school doors, and what do you think can be done about it?"

"I don't care. They should be able to smoke wherever they please."
Ramon de la Cruz, *senior*

"It's an addiction, and I wish they wouldn't [smoke] but I can't stop them."
Ashley Mckenzie, *freshman*

"I don't think it's that big of a problem. We have bigger problems at this school than smoking."
Brian Colton, *junior*

"I think that the best thing is just an education campaign."
Dorothy Larco, *substitute Spanish teacher*

"We need to suspend them, kick them out of school."
Armin Halston, *junior*

"It's really annoying when people smoke outside the doors. The smoke blows in by my locker."
Erin Johnston, *junior*

"I think that it's crazy and stupid that the kids smoke."
Steven Runion *science, teacher*

Letters to the Editor

Student behavior at assembly immature

To the Editor:

High school students range in ages from fourteen to eighteen. Eighteen is draft age, it is voting age, it is the age we are expected to take responsibility for our actions.

However, our behavior, time and again, seems to show that we are incapable of this. Case in point: At Tuesday's invitational assembly, we proved ourselves unable to practice self control.

In any assembly situation, the person standing before us deserves our respect; this is a common courtesy.

We can choose not to pay attention, but we have a responsibility to be quiet and non-disruptive at the same time.

This is not the first time our student body has been disrespectful to guests, speaking for our benefit in our school. If we expect to treated as adults, we cannot afford to act like juveniles.

Rachel Torchia and Alison Duren-Sutherland, seniors

Funding inequities revive the past

To the Editor:

Regarding the practice of "rich neighborhoods" giving their schools special subsidy:

One can reflect on the infamous "separate but equal" phrase: our schools could be "public but equal" (realizing, from *Watership Down*, that some schools would be more equal than others.)

J. V. McGoodwin, Lincoln community

Students smoking and trashing school

To the Editor:

What has happened to our school? Every morning as I walk up to school, I view the garbage-infested landscape surrounding our grounds, and then I am forced to pass through rancid puffs of smoke from those who feel the need to char their lungs as well as mine. Not only that, the halls (despite much improvement) are not much cleaner.

Time and time again students are asked to respect the area around them, and clean up their mess, but nothing has really changed. When those in the community walk by our school, they do not see what bright and gifted students we have, but focus on our trashy building with students hanging about the front doors lighting up cigarettes.

We, as students, need to take responsibility for our community. Our security guards, Josh and Keith, do not have time, nor should they have to run around and reprimand every smoker on campus.

Therefore, it is up to us to make sure our school is presentable. We can all do our part by making sure the area around us is clean, and not allow our fellow students to smoke in front of entrances to the building. We will all benefit from a cleaner and healthier environment.

Katie Moreland, sophomore

The Crazy Eight

Crazy Eight reasons you aren't eating turkey this Thanksgiving

8. You walked in on your mom stuffing the turkey and now you can't bring yourself to eat it.
7. Your Uncle got really drunk and told you what he did to the stuffing.
6. You overheard your Grandpa say "Uh... that ain't gravy."
5. You just got back from Colorado and you are very fond of those mysterious little "Rocky Mountain Oysters."
4. You've been itching to try the "other white meat."
3. You lost your appetite when you saw Richard Simmons' "Workin' off the Mashed Potatoes" Thanksgiving special.
2. You've been having recurring turkey baster nightmares.
1. Uncle Jim's secret sauce.

Drama students light up stage

BY JAMES NELSON

Every year the drama program puts on a va riety of plays that receive a great deal of attention and advertising. But it is little known that a flood of student-directed plays are performed throughout the year.

"The basis of advanced drama is that I ask them what they want to do and since I've been here they have always wanted a directing experience," said teacher Jim Peerenboom.

Students get a chance to not only to direct, act, and explore the technical aspects of the theatre, but also to apply make-up.

"All rehearsing is done in class," said Peerenboom. "Last year students chose to rehearse during lunch and after school to get extra rehearsal time, but that was when we did full- length plays instead of one- act plays."

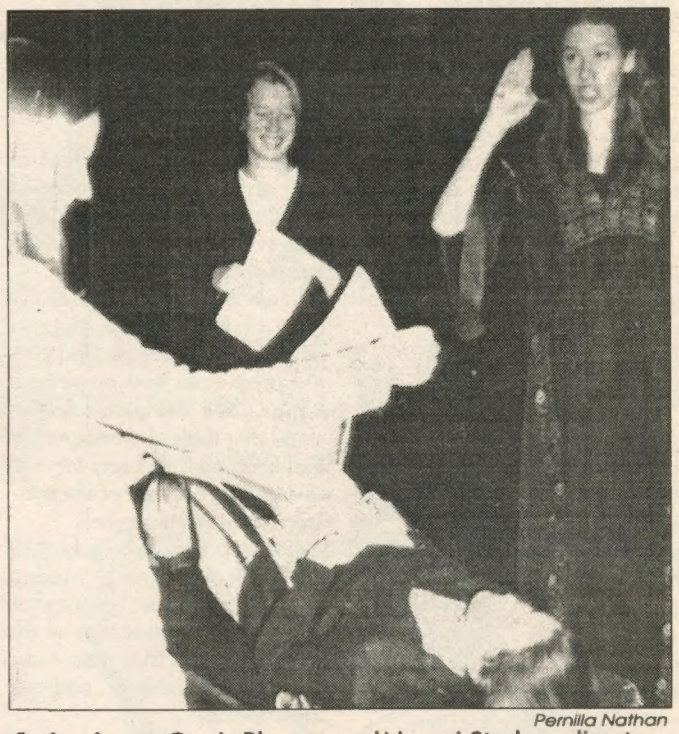
Because the plays are meant to provide drama students the opportunity to have a more direct relationship with behind- the- scenes work, there are no admission fees. As a result, the plays will not have the elaborate sets and costumes seen in the bigger plays.

Throughout the year, each drama student has the responsibility to direct and be responsible for one play.

"The Patient" will be the first play to open for the public on Dec. 5. The play, directed by Naomi Stark and Carrie Blowers, is based on a short story written by Agatha Christie.

Shortly after "The Patients" release , "Sister Ignatious Explains it All," directed by Finda Yambasu and based on a Christopher Durang novel, will be performed.

"The plays run one night," said Peerenboom. "It's a one- shot deal. People should expect to see posters for both of the plays near the end of November."



Pernilla Nathan

Acting it out: Carrie Blowers and Naomi Stark co-direct their one-act play "The Patient."

FEATURES EDITOR

Polyglot deserves respect: The truth behind the rumor

Since Polyglot put out its first art and literary magazine in 1964, it has been both an award- winning publication and a focus of controversy.

Some have claimed that Polyglot is unfair when it comes to deciding which works will be entered into the publication and which will be left on the cutting- room floor.

Others believe Polyglot members only put works in their magazine from club members or from their friends.

As a Polyglot member, I am offended by this negative attitude.

It worries me that there are talented people at Lincoln who don't submit material to the magazine because they believe that these rumors are true.

They aren't.

During decision meetings, staff members work hard to prevent unfairness or any sense of favoritism from occurring.

Each work submitted to Polyglot has no name on it.

The name of the submitting individual is on a separate index card which no club member is allowed to look at these cards during the meetings.

AMY *Jennaro*

Polyglot members scrutinize each piece of writing and artwork.

The meetings sometimes last for an entire school day and several members devote hours of after- school time going through each piece of material.

It is through majority vote that a work is accepted or rejected and sometimes a work is evaluated at two or three meetings before a decision is made.

The staff makes an effort to not only be fair but also to make the magazine a publication that has set a standard for literary magazines for many years.

Through their efforts, the magazine won the 1996 Grand Award for excellence in content.

It is time that students lay the rumors about Polyglot to rest.

Students should show some more respect for a magazine that has been instrumental in providing a forum for student writers and artists to display their talents for many years. With less and less opportunity for student artistic involvement, that is a treasure.

Singing in the halls

BY AMY JENNARO

They call themselves the Lincoln Singers and de spite the fact that their very existence has been threatened by budget cuts since their inception in 1995, they have survived.

A large part of what keeps the choir alive comes from the dedication of parent volunteers such as Margie Boule, whose daughter, junior Caitlin Boule- Buckley is a soprano in the choir. Its survival is also due to the hard work put in by conductor, Amy Dethman.

Boule and other supporters of the choir have had the difficult task of getting funding for the choir.

Though the Lincoln Singers receive some funding from the PTA, they have had to raise the rest of the needed money through donations and through a $75 per member fee.

Although attendance has dropped off since the choir started up in October, a group of about 20 people are now coming every Tuesday and Thursday to the band room from 2:45 to 4 p. m.

That dedication pleases Dethman.

A professional soprano singer, Dethman also has a B. A. in vocal performance from Portland State University and is working on her Master's degree in choral conducting.

"This is a very intelligent choir," she said. "There is a lot of enthusiasm and a general work ethic, which is true of a lot of Lincoln students."

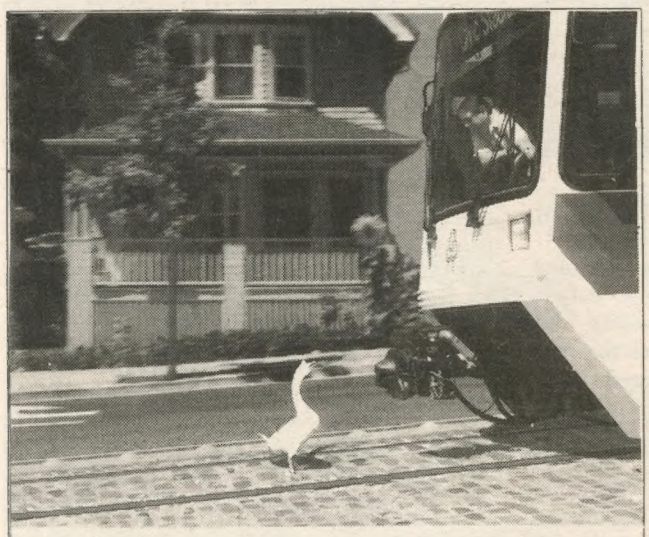
The singers themselves are also happy with the improvements the choir has made and the hard work put in by Dethman to make the best choir possible.

"We have a really great group of people working together," said Wasim Rahman, tenor. "I think Amy's done a really great job. She allows us to get a really great grasp of the music."

The choir may participate in several competitions throughout the year.

Those who would like to see the Lincoln Singers perform can see them at their first recital Dec. 9 at 7: 30 p. m. in the auditorium.

✦ *The 20- member choir, which rehearse every Tuesday and Friday after school, will perform in it's first recital Dec. 9 at 7:30 pm.*



The Max has arrived in Goose Hollow.

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Band makes music after brief absence

BY AMY JENNARO

After a one- year absence to budget cuts, the band has experienced a renaissance at Lincoln thanks to the efforts of a group of dedicated parents.

The band is supported financially by these parents through the Booster Club and the PTA and is run a by group of parent volunteers.

Myron Fehr, whose freshman son is a member of the band, serves as conductor.

Fehr says that seeing talented musicians fall through the cracks of Portland Public Schools because of a lack of programs to support them was his call to action to get involved in the band.

"We have a number of people placing in state competitions and no program to place them in. We want our student to have this opportunity," he said.

The 20- member band has seen attendance drop off since its start at the beginning of the school year. Due to this, the group seeks pianists, trombone players, tuba players and bass players for those who are interested in joining.

Although the band is no longer a part of the curriculum, it has access to the school through Portland Parks and Recreation.

Members meet every Tuesday night from 6:30- 8:30 p. m.

Band members enjoy having the band as an elective, rather than a zero period class.

"I was quite bothered [by the band being cut] but I am quite glad that it is now an after- school program because it fits with more people's schedules," said Elizabeth Wright, clarinet player.

Concert scene

Who: Lincoln band & choir
What: First concert of the year
When: Dec. 9. 7:30 p.m.
Where: Auditorium
ISC credit available

Pernilla Nathan

Getting it right: The band prepares for its first recital , Dec. 9.

Swim turnout numbers drowning

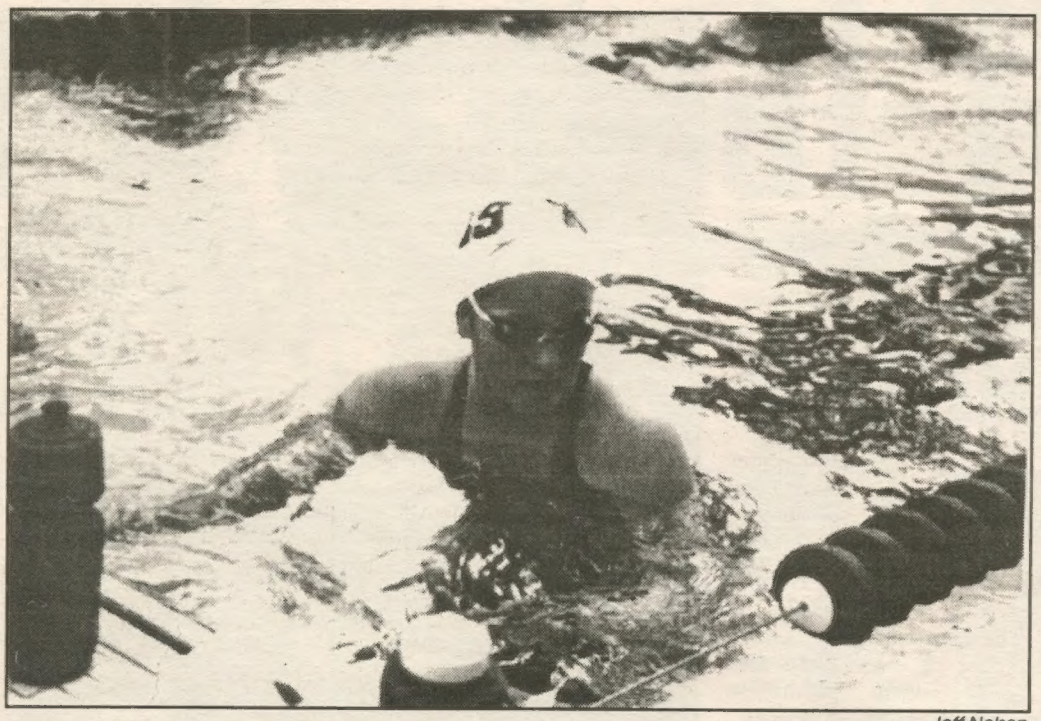
BY PERNILLA NATHAN

After several years experience, head coach Doug Morten, along with assistant coach Heather McLelean who coaches swimming at the River Place Athletic Club, is once again preparing to lead the Cardinals into another successful season. A mentoring system has been set up amongst the team members to get everyone involved and to stay organized, as the biggest team in the NW.

The turnout for tryouts was large as usual, with 100 people showing up. There are 60 girls and 25 boys on the team. "It's a big committtment, requiring a lot of time," said Morten. "We practice for two hours every night, always trying to get everyone in the water."

Lindsay Haffner is leading the girls team with experience, along with newcomer Mikaela Kent, who is expected to make a strong showing. "The goal for the girls is to win State; it's achievable, but everyone wil have to put out their maximum performance at districts and State," said Morten.

On the boys side, Luke Eckhoff heads the squad. "We'll try to repeat last years win at districts. I hope to place in the top five places at State," said Morten. "The girls get all the recognition. It's the guys' turn, we are going to win the PIL," said Senior Tristan Glisan.



Jeff Nelson

Getting wet: Junior Katie Jurgenson at practice

coach Doug Morten has a dilemma. With limited events to be raced and no official junior varsity events, he has many more swimmers than can be used.

With so many participants and so few varsity spots, the question that arises is why the squad remains so big. The explanation that Morten gives is that although he doesn't need all of the swimmers this year, there might be some future stars in the next few years who haven't reached their full potential. If Morten keeps the additional athletes, he can train them the way he feels they need to be trained so they would be useful in the next season or two. "Swimming is the type of sport where you can learn many thing's by practicing," saidMorten. "If they can learn the basic skills needed to compete, then they can be useful to us in the future." It's that mentality that Morten thinks has kept a high turnout with this minimally publicized sport.

Although there is no official league for junior varsity, the non-competitors are allowed to race after the varsity squad does. They aren't officially timed, but Morten times them himself to observe their skill and help them with what they need to improve on. "Many of our great swimmers started out lacking a lot of skills," said senior Gordon Zimmerman. "They practiced hard and now are a great contribution to the team's success."

Junior teams need water wings

BY DAVID BEAVERS

With nearly 100 athletes trying out for this year's swim team,

The Scorecard

- *100 + attendence for tryouts. Largest team in Northwest.*
- *Next varsity meet Dec. 9 at 4 p.m. @ David Douglas*
- *Team goal is State championship*

Buzz cuts

BY JEFF NELSON

Crack. A rack of pool balls explodes on the table with the sound of a bullet smashing the sound barrier. Phillip "Buzz" Polson, in a shirt that suits him as a renaissaunts man grins with self richiousness.

Phillip recently returned from Las Vegas where he participated in a national billiards tournament placing 17th out of more than five thousand competetors. "Las Vegas its self was kind of dissapointing. It was a combination of Disney Land and Washington Square. Most of the people looked like they were from the Ohio state fair. Sort of 'Oh gall honey, let's go get some more cotton candy and balloons,'" said Polson.

teacher, Buzz has been a math instructor here for six years. "I started shooting pool when I was four, so I guess pool led to geometry." he said.

In his spare time Buzz bakes, juggles, plays the violin, hacky saks and takes care of his wife and two kids.

Buzz is currently working with the Pool club. It meets every thursday after school at Portland State University's Smith Center and is accepting students to join.

He has a very rich historical background in billiards, his grandfather was a barber and was the first person to bring a pool table to Northern Idaho. In his shop he would play his customers double- or- nothing on the price of their hair cut.

Buzz has disinged pool tables and sells the plans to carpenters. An idea that he got from a class assignment where his students disinged their own pool tables.

Pool is Polson's spirit, his athletic pursuit and his passion. His goal? To peak out at age 60, which gives him about 12 years.

The Jock Strip

SKI TEAM

Racer ready? Five... four... three... two... one... go!

These are the sounds that the members of the ski team are looking forward to. With conditioning already underway the team is now praying for the snow to fall. The first scheduled on- snow practice is Dec. 10, but only if the El Niño weather pattern changes and the resorts on Mt. Hood open.

"I'm really looking forward to a fast paced season," said junior Adam Goldwyn. Leading the men's varsity are returning lettermen juniors Abe Rieke and Geoff Hendricks. Rieke finished fifth in the league individually, despite missing many races. Hendricks placed 22nd out of more than 120 overall at the State race. The women's varsity are looking to sophomore Caroline Wall, who finished 3rd in slalom at State last year. Also heading up the women's team is senior Allison Fisker.

BILLARD CLUB

No, not swimming, billards. cordinated by math teacher Phillip Poleson, who recently placed 17th in a national pool compotition in Las Vegas. Members meet every Thursday after school at the smith center, on the Portland State University campus.

German exchange student, George Zimmermann said "I started playing pool a little four years ago and I can already feel myself getting better,"

Polson is trying to get sanctioned with the American Pool Player Association. A national amateur body with a youth division for beginning players.

BOWLING CLUB

Cardinal pins fell Thursday Nov. 20 when the Bowling club competed in its second meet of the year, placeing out of teams.

The Bowling club was started three years ago by seniors Carson Maxted and Chuck Thaer, but has only been registered in competition for the past two years. Meets are held every Thursday at Valley Lanes with anywhere from 15- 40 students competing against Catlin Gable, OES, and Sunset.

The club has recently been planning an upcoming friendly competition against faculty members. A date for the event will not be made until and the faculty forms its team. "We should win" says senior Carson Maxted "But bowling is a game of age!"

The bowling club is hoping for younger members to "carry on the tradition" says Carson.

"Bowling is usually dominated by fat stinky men, but we're not fat stinky men!" Remarks Junior team member Brody Lewis, who wants to ensure that the team is coed and open to any students interested.

SKI BUS

As the snow fall begins to accumulate on Mount Hood, the possibility of opening up the slopes before Thanksgiving is more of a reality than a deam, and for students who want a ride up to the mountain to enjoy a day on the slopes, a ski bus is avalible.

Skiers and snowboarders will leave every Sunday at 6:45 a. m. from Sylvan, and arrive back at 6:30 p. m. The program is held every weekend for 6 weeks, with choices to rent and take lessons. Prices vary on the time length, and choice of rental. This year the bus will only be avalible for rides on Sundays, instead of last years trips on Saturdays also.

"It got too confusing in the end," said Joyce Illingworth, parent coordinator. "There were only a few people that wanted to go up on Saturdays."

Forms are in main office, and the deadline to turn them in is Dec. 20. Illingworth reminds students to ensure a spot to send in forms as soon as possible.

"All levels of skiers are welcomed, beginners through advanced," said Illingworth. For aditional information contact Iris Felter at 239-6032 or Joyce Illingworth at 297-7124.

All the homies keep it tight without the dank and the drank.

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What's in the Cards

Keith Fishback Wrestling

Although Keith Fishback does not planning on wrestling competitively at the college level, he has planned on making it to State for wrestling this year. School matters kept Keith away from the wrestling mats last year but now he is back for his final and most important. He began wrestling his freshman year and by the end of his sophomore year had accomplished a fourth- place district finish the best Lincoln finish. Keith competes in the one hundred and twelve pound weight division, the second smallest weight division available. "It's not the size that counts, its the attitude," said Fishback. Keith will be playing the role of team captain after having recently been voted in.

Caitlin Francis Skiing

Freshman Caitlin Francis is making everybody excited for the upcoming ski season. She already has many experiences under her belt. Last year she went to the Junior Olympics for ski racing and placed 14th in Giant Slalom out of approximately 200 racers. The Junior Olympics is a prestigious regional ski race that is the first step on the road to becoming a member of the national team. Francis' older sister Courtney, a junior, is also joining the ski team this year. She also has past ski racing experience to add to the talent of this years team.

Francis started skiing when she was two and as of last year was driving to Bend every weekend to practice with the Bend Academy.

Charles Stoudamire B-Ball

Freshman Charles Staudamire has been putting a lot of light onto the mens varsity basketball program. Staudamire plays point-gaurd and hopes to "take the team to state." At two years of age Charles was already getting a feel for the ball. Staudamire plays all year round basketball and practices about ten hours a week. The most posts that his has ever scored in a game was twenty nine.

Esther Rogers B-Ball

With a new coach and a great volleyball season finale, senior Esther Rogers is ready for this year's basketball season. She plays center for the varsity team and has her eyes set on a top- three finish in the PIL to go on to the Chiles Center for the second season in a row. She started playing basketball in fifth grade and volleyball freshman year, which has quickly become her main focus. Her volleyball career at Lincoln came to an end with a fifth place State finish earlier this month. She is now choosing between scholarships to Sacramento College, Lehigh College in Pennsylvania, and PSU.

Emily Gaynor Crew

This year has been a very memorable year for Emily Gaynor, the captain of the varsity lightweight boat that won regionals. She has traveled all the way to Boston to compete in the prestigious Head of the Charles race which consisted of mainly college teams. Her boat placed an amazing fourteenth out of twenty three boats. Even though the spring season is the major crew season, her team trains all year round. Emily's longterm goal would take her rowing talent into college competition.

Basketball predicts good season

By Nina Handelman

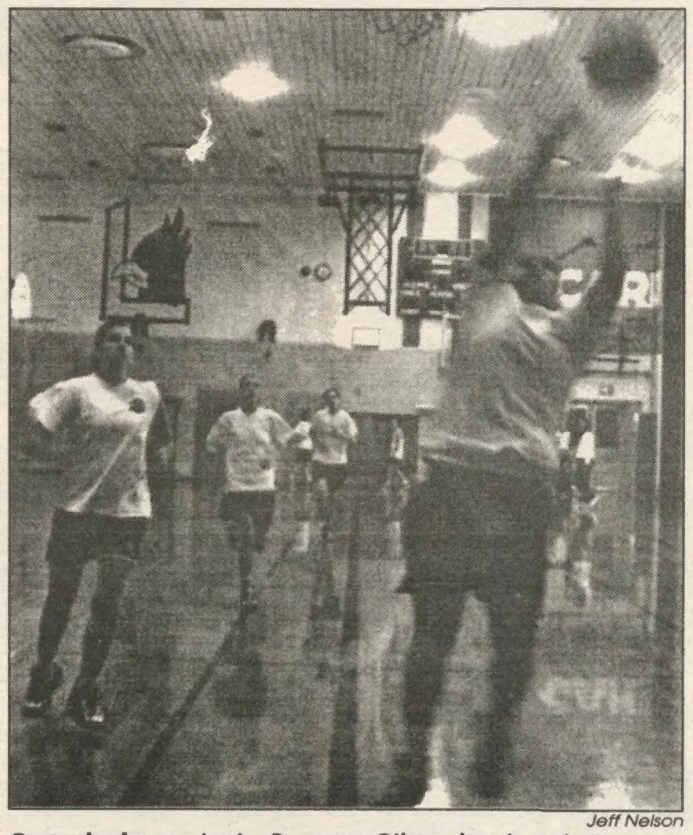
Everything is new this season for the varsity basketball teams, including the coaches, playing style, and teams. First- year coach Velaida Harris brings with her a new program, after coaching at Tigard and Parkrose High Schools. "I plan to make the game more defensive-minded, and change basically everything from last season," said Harris.

Last year the girls finished fourth in the PIL, with a 11- 7 record, and a first round State game. They were matched up against eighth- ranked Beaverton, and lost 48- 71.

The team has a well- rounded mixture of experience and talent, with promising newcomers juniors Ali BenBen, Rosanna Gibson, Rissa Raveaux, senior Annie Barker, and sophomore Alexandra Paul, as well as a veteran lettermen seniors Esther Rogers, Amanda Gilbert, Annie Davis, Molly Montegomery, and juniors Rachel Trytko, Rachel Giese, and Kara Magee- Arick.

"The new coaching staff is helping to bring the team together positively," said Gibson. Harris expects the team to do well at the upcoming jamboree, overcoming a little nervousness.

After winning the Concordia University Spring League, the varsity boys are looking forward to a successful year, combining the fresh talent of newcomers and the veteran experience of returning lettermen. Leading the team are returning players seniors Alex Clay, Turner Angel, Mike Dyal, Nile Hagen, and junior Ben Franceschi. Freshman Salim Stoudamire is also a key addition to the team, along with juniors Caleb Harris, Bryan King, and Rasheen Hudson.



Jeff Nelson

Go to the hoop: Junior Rosanna Gibson lays it up during practice.

Head coach Charles Stoudamire is leading the team into a new program, with more focus on an up- tempo running game. The boys are expecting much better results than last year, when they finished 3- 15, ninth in the PIL.

Junior varsity

By Kevin Dodson

Good speed and lots of athletic ability will aid the success of the JV girls basketball this year, says coach Mark Paul. Transfer Melissa Potter along with freshman Katie Wax and Elaina Vincent should add quality depth to the 14 girls squad.

Made up of mostly sophomores retuning from last year's freshman team, Sophomore Jenae Potter, who started last year at guard , will return to give the team experience and athleticism. "We should have good success this season if all goes well," said Paul.

Coached by Jerry Dalton, last year's freshmen coach and a former guard for The University of Southern California, the JV men's team is focusing on a more defensive orientated game with more conditioning in practice. "We don't play like individuals. When we won last year, it was a team effort." Size will be an asset to the squad led by six- foot, three sophomore post Kasey Adler, who played on the JV team as a freshman. "With our experience playing together, we should do very well this season," said Dohrmann, "but none of that matters if we don't gel as a team."

Freshmen

By Nick Esmonde

With a new coach and an athletic team, the freshman boys basketball program looks to get off to a fast start this year. Josh Pomeroy, Lincon's security guard and football coach, will make his basketball coaching debut. "We want to play in your face defense, and run the ball," says Coach Pomeroy. "This year we hope to improve skills while also improving character."

With height in the post and quick guards the team looks to be a force in the P. I. L. "We have a lot of shooters so we want to put emphasis on that," said Adam Brownstein, a guard on the team.

Last year's freshman team, which was coached by Jerry Dalton (who is now the JV coach), went 10- 12 and had the best record in the Lincoln boys basketball program.

The Scorecard

- *Both varsity teams have new coaches: Charles Stoudamire (men) and Velaida Harris (womens).*
- *First men's varsity game Dec. 2 at 7:30 p.m. vs. David Douglas*
- *First women's varsity game Dec. 4 at 7:30 p.m. @ Westview*

New strategy is endurance

By Nina Handelman

The wrestling team is anticipating a successful year, with the long time leadership of Steve Heitz and Mike Ives. Heintz, who has caoched at Lincoln for nine years, has been involved in wrestling since high school. While attending college, he wrestled for U. S. A. Oregon.

Ending with a 2- 7 record last year and a 7th place league finish, the team continuously faces the problem of too few weight classes, forcing the team to forfeit many matches. There are 14 different classes, and the Cards can usually fill only eight.

Due to the lack of wrestlers trying out, the team annually deals with inexperience. "This year our strategy is to out last the opponent," said varsity coach Steve Heintz. "We want the young wrestlers to last until they are seniors."

Off- season, four members of the wrestling team were involved in the Pacific coast Endurance Duathalon. Senior Anrew Papworth, Juniors Kevin Cunningham, and Andrew Enriquez, and Sophomore Will Balough all took part in the bike and run race from Beaverton to Newport, about 170 miles.

There are more wrestlers with individual talent all around this season, and a positive outlook heading into the first tournament Dec. 4.

Jeff Nelson

Struggle of the gladiators: Sophomore Will Balogh, left and Senior Andrew Papworth grapple for position

The Scorecard

- *First tournament Dec. 4 vs. Franklin, Mount View and Fort Vancouver.*
- *New "more positive approach."*

Second varsity

By Jay Rubin

After 12 years of coaching experience at Lincoln, Mike Ives is ready to try a "more positive approach" with his wrestlers, focusing on "mental toughness rather than the physical aspects of the sport. Ives says that wrestlers tend to over- train, often causing injury or burnout. He plans to hold back on the physical training this year, and teach athletes about proper sleep and nutrition, cardiovascular fitness, and how to be mentally strong.

Despite last year's 2- 7 record, Ives is optimistic about the season, which kicks of on Thursday, Dec. 4, here at Lincoln. The annual Cardinal Tournament will match the Cardinals against Franklin, Mountain View, and Fort Vancouver high schools.

Sophomore Jake Prinz is optimistic about the season as well. "Experience from our veterans combined with talent from newcomers," he predicts, "spell success for the upcoming year."

☆☆☆☆ MORE ALL-LEAGUE ☆☆☆☆ TEAM ☆☆ HONORS ☆☆

Football -

Hunt Miller (12)
- First Team Place Kicker

Alex Clay (12)
- Second Team Running Back and Defensive Back

Ben Franceschi (11)
- Second Team Receiver

Andrew Papworth (12)
- Second Team Defensive Line

Soccer -

David Jacobson (12)
- Second Team Defender

Peter Johnson (11)
- Second Team Forward

Alyssa Stibolt (11)
- Second Team Goalkeeper

D'OH

In the last issue of the Cardinal times, Erika Nishizato's name was spelled wrong. She received First Team All-league honors for volleyball.

Also Tory Ruark who was cited for First Team All-league honors for soccer, goes to Franklin.